

2025 Remote Games

Knuffeldierland



2025 MOF Remote Games Rules and Regulations

“Totally life-changing; a must-read for anyone looking to participate in these games”

— John Doe, *Daily MicroNews*

Knuffeldierland Microlympic Committee
for the Organisation and Hosting of the
2025 Remote Games — MOF



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2025 MOF Remote Games Rules and Regulations

Published jointly by the Knuffeldierland Microlympic Committee for the Organisation and Hosting of the 2025 Remote Games — Micronational Olympic Federation (COH25RG) and the Institute of Micropatriological Research (IMR).

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Please send any and all enquiries regarding the rules for these 2025 MOF Remote Games to RemoteGames25@mail.com or [@moongrains](#) on Discord.

Knuffeldierland Microlympic Committee
for the Organisation and Hosting of the
2025 Remote Games — MOF

IMR

*In loving memory of Nicholas Randouler (2004-2020)
co-founder of the MOF in January 2018.*

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Acknowledgements

Many of the rules and stipulations for the returning events at the 2025 MOF Remote Games are based on those from their previous appearance at the 2024 MOF Remote Games that was hosted by the Republic of Onopolissia.

I wish to forward a special thank you to the President of the MOF, Tomáš Falešník, for their continued support, to Matthew Salzer, the Executive Vice-President, who first envisioned the idea for the Remote Games, and to Kevin Baugh for their creation of the Intermicronational Olympic Games in 2000, which ultimately served as the basis for both the MOF and later the Remote Games.

The basketball (free throws) section had contributions from Alex Tate and the football / soccer (goal kicks) section had contributions from Mabel Elson.

Preamble

The 2025 MOF Remote Games is scheduled to commence on 1 August 2025. Registration for the games officially opened earlier that year, on 23 June.

Knuffeldierland was automatically awarded the hosting rights for the 2025 Remote Games by the Micronational Olympic Federation (MOF) on 2 January 2025 as the event faced no competing bids. It is being organised by Zabëlle Skye-Greys (@moongrains on Discord), most commonly known as Zed among other monikers, as representative of the Knuffeldierland Microlympic Committee for the Organisation and Hosting of the 2025 Remote Games — Micronational Olympic Federation (hereafter abbreviated COH25RG), which was established just for these games.

On 8 June 2025, COH25RG released an opinion survey hosted via Google Forms regarding which sporting events interested parties would be willing and capable of participating in at the 2025 Remote Games. Twenty-one (21) different event categories were deemed plausible for the Remote Games and selected for the survey which ultimately received ten responses.

Taking those results into consideration, twelve (12) official events were selected to be represented at the 2025 MOF Remote Games: the 100-metre run; 400-metre run; 1-kilometre run; 5-kilometre cycle; 10-kilometre cycle; basketball (free throws); discus throw; football / soccer (goal kicks); juggling; pull-ups; standing on one leg; and unspecified nonalcoholic beverage pong / cup pong.

COH25RG has carefully considered the rules and guidelines for every event; each are undoubtedly unique and require their own set of rules, guidelines and procedures. All of these events are listed below; you *must* read the rules for any event you are registered to participate in as every event is unique, otherwise your attempt could be disqualified (dismissed). All submissions are made privately to the organiser, Skye-Greys, via Discord through any file-sharing means deemed appropriate—such as YouTube or Google Drive.

The rules for submissions (also called attempts) are outlined for each individual event; however, generally, you will need to submit full (uncut), unedited footage of your attempt or submit data using a free software application. There are occasional other means of verification required depending on the event, such as for validating distances; the methods for determining these are also outlined for each individual event. **Please read them carefully and thoroughly.**

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Running

100-metre run, 400-metre run, 1-kilometre run

There are three running events in this category wherein athletes race for either 100 metres (328 feet), 400 metres (1,312 feet) or 1-kilometre (0.62 miles). They are ranked by their time of distance completion in order from, expectedly, fastest to slowest. As these are all distance running events (races), the rules for each event is the same.

Requirements

A planned route for the run; plausible locations include a public park, track, pathway or road. The route should ideally be as straight as possible or minimise the amount of turns required. You may backtrack (e.g. turn around and run on an area already traversed in your attempt). It is encouraged by us that you do not violate any local macronational laws in your attempt, for your own safety's sake (though this is not necessarily grounds for disqualification).

Verification of attempt

In order for your attempt to be verified, we require, either:

- Full, uncut, unedited footage of the run attempt (this will be easier for the 100 metres and 400 metres). You may mount a camera (such as a GoPro) to yourself, have a third party film your attempt or prop a camera up to film your run (provided you remain in shot for your *entire* attempt, otherwise it will not be counted). Or;
- The full distance ran as measured on a GPS or distance tracking service or application, such as an Apple Watch or free distance jogging application. We require that both the distance ran *and* time taken be visible on said aforementioned applications in order for your attempt to be counted.
- If submitting a video, you **must** set a clearly marked and visible (e.g. in shot) starting point and ending point.
- Your time starts as soon as you commence running, e.g. **immediately** after your foot is over the starting point; likewise for when your time concludes.

Verification of track length

To verify the length of the track or route, you may:

- Use a trundle wheel or Google Earth's measurements feature and send a video or photograph of the route to the organiser; we will verify if you ran the full length of the track by comparing your submitted video or the running data you provide us.

Additional notices:

- Naturally, if your distance traveled in your provided running data is said to be below the event you are submitting it for (e.g. 399 metres for the 400-metre event), your attempt will **not** be counted *regardless* of your stated reason for such a discrepancy. Thus, please ensure that you plan the distance of your run properly and make sure that your tracking application does *not* have any delays nor technical problems beforehand.
- You may start from any position (physically speaking; e.g. kneeling or just standing). Likewise, you may, of course, use any running technique.
- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.
- There are no weight classes nor a handicap for this event.
- It is **strongly encouraged** (though not required) that you have an immediate source of water available upon the conclusion of your attempt, e.g. a water bottle or drinking fountain.
- **Do not** participate in this event if you have a medical condition that makes running particularly strenuous or harmful to your body.



Example of an acceptable Google Earth measurement, demonstrating that the chosen route (a public park) is of an adequate length for the 100-metre run (328 feet is 100 metres).



Example of an acceptable attempt as tracked on a run tracking application; both the time and distance ran are included (Apple Watch exampled).

Cycling

5-kilometre cycle, 10-kilometre cycle

There are two racing events in this category wherein athletes cycle for either 5 kilometres (3.11 miles) or 10 kilometres (6.21 miles). They are ranked by their time of distance completion in order from, expectedly, fastest to slowest. As both are distance cycling events (races), the rules for both events are the same.

Requirements

A planned cycling route for the attempt; plausible locations include a public park, pathway, cycleway or road. The route should ideally avoid any stops (e.g. traffic lights) or strenuous obstacles. You may backtrack (e.g. turn around and cycle on an area already cycled in your attempt). It is encouraged by us that you do not violate any local macronational cycling laws in your attempt, for your own safety's sake (though this is not necessarily grounds for disqualification). You are allowed to use a stationary bicycle provided it has a digital counter of your distance travelled and time taken. You may **not** use an ebook with electronic assistance enabled.

Verification of attempt

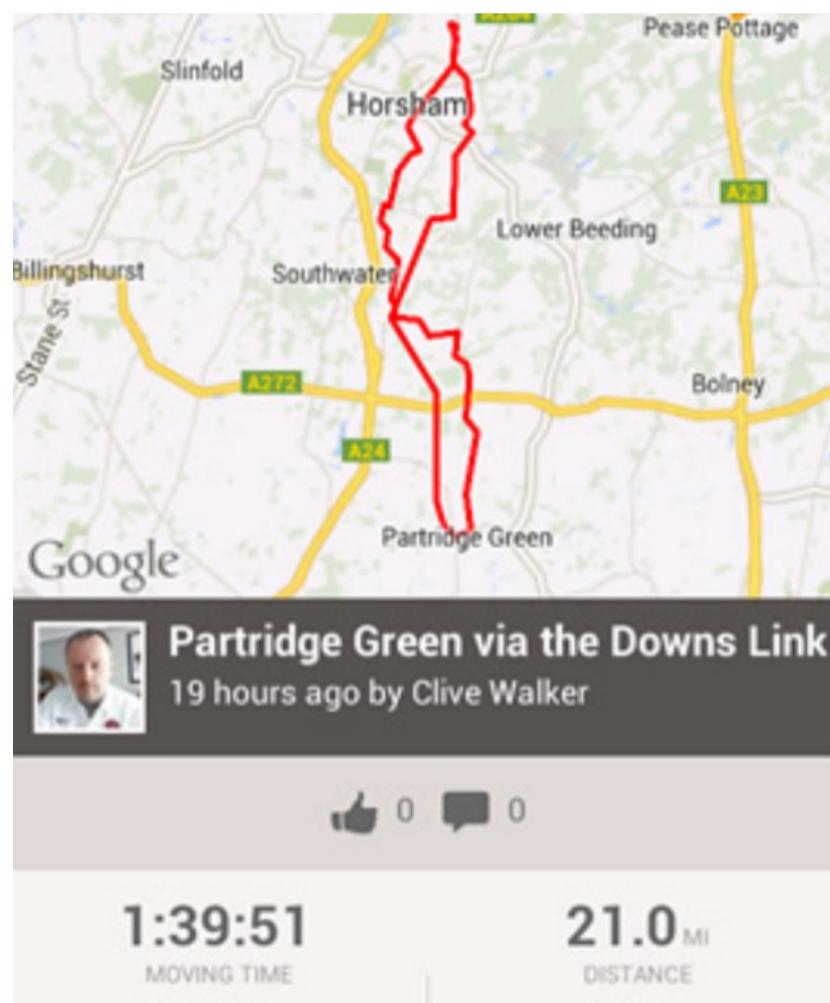
In order for your attempt to be verified, we require:

- The full distance of the route as measured on a GPS or cycling distance tracking service or application, such as an Apple Watch, Strava, MapMyRide or Zwift. We require that both the distance cycled and time taken be visible on said aforementioned applications in order for your attempt to be counted.
- A picture of the bicycle used for the attempt.
- You must start your time as soon as you are about to commence cycling, and end it once you have reached the required distance for the chosen cycling event.

Additional notices:

- Naturally, if your distance traveled in your provided cycling data is said to be below the event you are submitting it for (e.g. 4.99 kilometres for the 5-kilometre event), your attempt will **not** be counted *regardless* of your stated reason for such a discrepancy. Thus, please ensure that you plan the cycling route properly and make sure that your tracking application does *not* have any delays nor technical problems beforehand.

- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.
- There are no weight classes nor a handicap for this event.
- It is **strongly encouraged** (though not required) that you have either:
 - a water bottle attached to your bicycle during your attempt, or:
 - an immediate source of water available upon the conclusion of your attempt.
- It is **strongly encouraged** that you wear a helmet *regardless* of your local macronational laws as this saves lives.
- **Do not** participate in this event if you have a medical condition that makes cycling particularly strenuous or harmful to your body.



Example of an acceptable attempt as tracked on a cycling tracking application; both the time and distance cycled are included (old version of Strava exampled).

Basketball (free throws)

Athletes take unopposed shots from a free-throw line to score a point by throwing the basketball into a hoop, ranked by the total number of consecutive points scored. There is no limit on the amount of attempts you may make nor submit; this event is ranked by the highest number of points scored in a row.

Requirements

A standard basketball, which is, ideally—for your sake—adequately inflated, and a hoop with a height of 3 metres (9.8 feet). You must shoot from a length of 4.6 metres (15 feet) and mark it with some sort of indicator. Your attempt concludes upon the first shot to miss the hoop.

Verification of attempt

In order for your attempt to be verified, we require:

- Full, uncut, unedited footage of your attempt. You must set a clearly marked and visible (e.g. in shot) free-throw line and both the athlete and hoop must, likewise, be visible (unobstructed) at all times.

Verification of hoop height and free-throw line

To verify the above, you may:

- Measure the free-throw line's distance from the hoop with any measurement device of an adequate length, such as a tape measure. You may also:
- Measure the hoop's height via the method described above.

Additional notices:

- Stepping over (on) the free-throw line before shooting will result in your attempt being disqualified. Likewise:
- Moving the free-throw line (that is, its marker), even accidentally, will also result in your attempt being disqualified. Thus, please ensure that the marker for the free-throw line is **firmlly** in place.
- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.
- There are no weight classes nor a handicap for this event.

- Ensure that, during practice, you do not risk injuring yourself. Naturally, if you start experiencing any wrist pain as a result of practicing for this event, please **take a break** until your pain subsides.

Discus throw

Athletes rotate (spin) in a circle and release a frisbee, aiming to throw it as far as possible; ranked by the furthest distance thrown.

Requirements

A standard plastic frisbee and access to a large enough area with adequate open space to throw it—such as a public park, recreation ground or field. Mark the area in which you will throw the frisbee with some sort of (of course, visible) throw-line.

Verification of attempt

In order for your attempt to be verified, we require:

- Full, uncut, unedited footage of your attempt. You must set a clearly marked and visible (e.g. in shot) throwing line and both the athlete and throw-line must, likewise, be visible (unobstructed) at all times.

Verification of distance

To verify the distance of your throw, you may:

- Measure the frisbee's distance from the throwing area with any measurement device of an adequate length, such as a digital measuring device, measuring tape or trundle wheel. Submit an image or video of said measurements for verification.

Additional notices:

- Stepping over (on) the throwing line during your throw will result in your attempt being disqualified. Likewise:
- Moving the throw-line (that is, its marker), even accidentally, will also result in your attempt being disqualified. Thus, please ensure that the marker for the throwing line is **firmly** in place.
- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.
- There are no weight classes nor a handicap for this event.
- Ensure that, in your attempt, you do not risk injuring anyone with the frisbee. Naturally:
- Please also follow and adhere to all local macronational laws regarding frisbees.

Football / soccer (goal kicks)

Athletes aim to kick the football / soccer ball into a goal from a preselected distance to score a point, ranked by the most goals scored out of ten consecutive attempts.

Requirements

A football / soccer goal or goalpost of adequate size—7.3 metres (24 feet) wide—and a football / soccer ball, ideally, for your convenience, adequately inflated. No goalkeepers are present in this event (obviously).

Objective

You must make the initial five penalty kicks from a distance of 9 metres (29 feet) from the goalpost. After your first five penalty kicks, you must then move back 5 metres (16 feet) on each subsequent attempt. Set a marker each time you do this.

Verification of attempt

In order for your attempt to be verified, we require:

- Full, uncut, unedited footage of your attempt. The athlete, the goal, the penalty line and the ball when kicked must be visible (e.g. in shot) at all times (the athlete may leave the shot when retrieving the ball, and the ball may, of course, leave the shot after it has been kicked).
- All ten kicks must be conducted consecutively in the same attempt.

Verification of distances and goalpost size

To verify both the distances from the goal and the goalpost's size itself, you may:

- Measure the distance and size with any measurement device of an adequate length, such as a measuring tape or trundle wheel. Submit an image or video of said measurements for verification.
- For your convenience, measure the distances of the five subsequent penalty kicks before your attempt and place all five markers down at once. Remember to submit the distance evidence for all five markers.

Additional notices:

- Kicking the ball when it is over the marker from which the ball must be kicked will result in your attempt being disqualified. Likewise:

- Moving its marker, even accidentally, will also result in your attempt being disqualified. Thus, please ensure that the marker for the penalty kick is **firmly** in place.
- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.
- There are no weight classes nor a handicap for this event.
- For your wellbeing, it is recommended that you have convenient access to a water source, such as a water bottle, during your attempt.
- **Do not** participate in this event if you have a medical condition that makes doing sports or physical activity particularly strenuous or harmful to your body.

Juggling

Athletes aim to keep three balls in the air via repeatedly throwing and catching them; ranked by the longest time said balls are held in the air.

Requirements

Three medium-sized balls to juggle, around the same size as a tennis ball but larger than a golf ball or ping pong ball.

Verification of attempt

In order for your attempt to be verified, we require:

- Full, uncut, unedited footage of your attempt. Your time starts as soon as you commence juggling the first ball (if you catch said ball while still holding one or two of the other balls your attempt will be disqualified). Your time ends as soon as one of the three balls hits an entity such as the ground. The athlete, the balls, and the ground must be visible (e.g. in shot) at all times.
- Preferably, a working clock or timer visible in the video (could be an iPhone's stopwatch); this is to prevent the video from being secretly slowed down.

Additional notices:

- The balls must be in motion at all times in order for it to count as continuous juggling.
- Naturally, if the balls, or you, go out of frame, your attempt *might not* be counted as this could resemble cheating. Thus, please ensure that you capture your full attempt in frame and do not move around too freely.
- You may only juggle three balls; juggling more (while impressive), or less, is disallowed.
- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.
- There are no weight classes nor a handicap for this event.

Pull-ups

Athletes lift their body by pulling up on a horizontal bar; ranked by the total number of most successful pull-ups done consecutively (that is, without removing one's hands from the bar or placing their feet on the ground).

Requirements

A pull-up bar, adequately high enough from the ground to make pull-ups possible (of course). Please see our definition of a *pull-up* below.

Verification of attempt

In order for your attempt to be verified, we require:

- Full, uncut, unedited footage of your attempt. Your attempt starts with your first pull-up and concludes as soon as one of your feet touches the ground.

Definition of “pull-up”

For the purposes of the 2025 MOF Remote Games, a *pull-up* is:

- An exercise in which one raises oneself with one's arms by pulling up against a horizontal bar (the pull-up bar) fixed above one's head. In order for it to count as a pull-up, you **must lift your head**—down to your chin—over the pull-up bar.

Additional notices:

- You **must not** let your feet touch any surface, object or entity, such as the ground, otherwise this will unintentionally constitute cheating and thus result in the invalidation (disqualification) of your attempt. Your legs *must* be in the air during your entire attempt in order for it to be counted.
- Your entire body, the pull-up bar and the ground must be visible (e.g. in shot) at all times.
- Please ensure that every pull-up during your attempt satisfies our criteria as stipulated above (§ Definition of “pull-up”), otherwise it will not be counted.
- Chalk is disallowed for this event.
- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.
- There are no weight classes nor a handicap for this event.

- It is encouraged (though not required) that you have an immediate source of water available at your attempt conclusion, e.g. a water bottle.
- Ensure that, during practice, you do not risk injuring yourself. Naturally, if you start experiencing any physical pain as a result of practicing pull-ups, please **take a break** until your pain subsides.
- **Do not** participate in this event if you have a medical condition that makes doing pull-ups or other physical exercise particularly strenuous or harmful to your body.

Standing on one leg

The pinnacle of micronational sport. Athletes attempt to balance on one leg for the longest time.

Requirements

An athlete with two working (e.g. functional, non-disabled) legs.

Verification of attempt

In order for your attempt to be verified, we require:

- Full, uncut, unedited footage of your attempt. Your time starts once your chosen leg is lifted from the ground and ends once it touches any surface, object or entity, such as the ground, or is no longer being held up autonomously (on its own). The athlete and their lifted leg must be visible (e.g. in shot) for the entire duration of your attempt.
- Preferably, a working clock or timer visible in the video (could be an iPhone's stopwatch); this is to prevent the video from being secretly slowed down.

Additional notices:

- You may choose any leg to lift; the lifted leg may be held in any position as long as it does not touch the ground—at which point the attempt concludes. However:
- The lifted leg may *not* be assisted in any way (e.g. via placing it on an object, resting it on one's other leg, or holding it with one's hand). If a submission contains such an occurrence, the timer—and subsequently, your attempt—will immediately conclude at this point. Thus, please be careful in touching (whether it be patting, rubbing, scratching or resting an arm on) the lifted leg, as this may accidentally resemble—or constitute—an act of cheating and thus be grounds for disqualification.
- The attempt may occur in any room on any surface.
- Naturally, if you, or your lifted leg, (somehow) go out of frame, your attempt *might not* be counted as this could resemble cheating. Thus, please ensure that you capture your full attempt in frame and do not move around too freely.
- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.

- Ensure that, during practice, you do not risk injuring yourself. Naturally, if you start experiencing any physical pain as a result of practicing for this event, please **take a break** until your pain subsides.
- **Do not** participate in this event if you have a medical condition that makes physical exercise particularly strenuous or harmful to your body.



Cup pong / Unspecified nonalcoholic beverage pong

Athletes attempt to toss a ping pong ball into one of ten cups arranged on a table in a preselected order.

Requirements

Ten plastic or glass cups about 9 centimetres (3.5 inches) in diameter and a ping pong ball. Fill the cups with enough water so that they do not fall over nor move if the ball hits or lands inside of it. Stand 2 metres (6.5 feet) from the table (that is, the first cup of the table) for the entire duration of your attempt; set some sort of a marker from where you shall throw the ping pong ball.

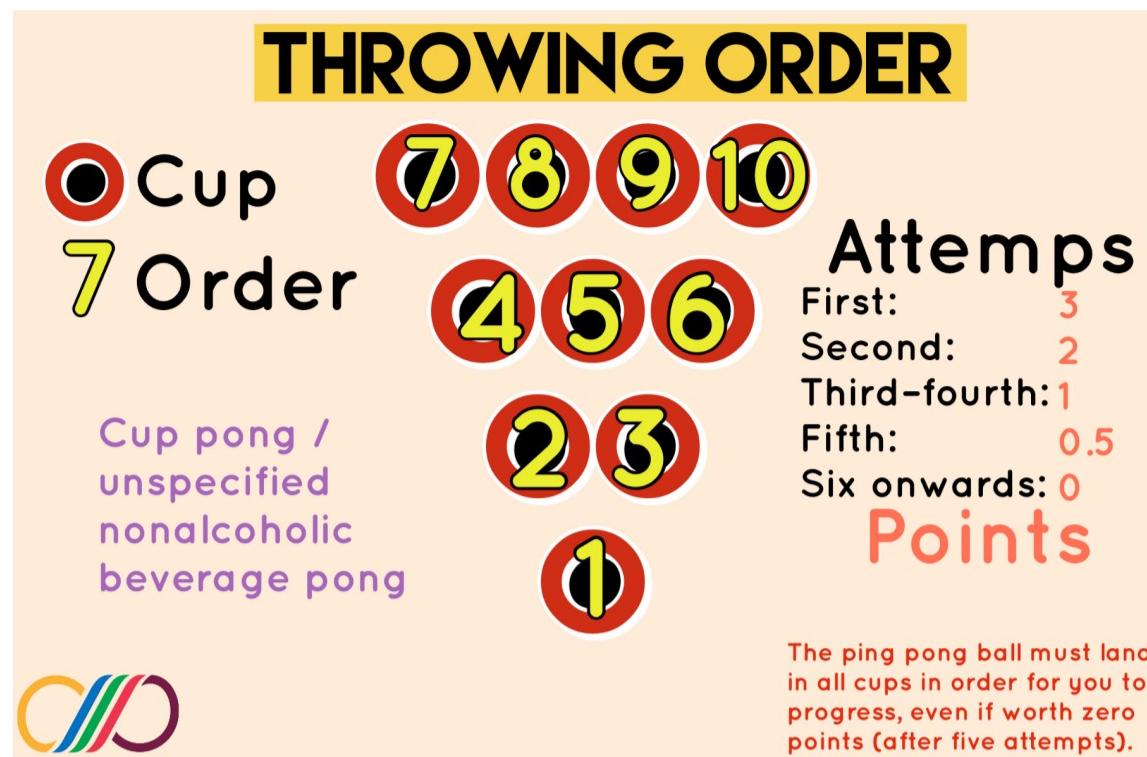
Objective

The goal of cup pong / unspecified nonalcoholic beverage pong is to land the ball in each cup in order from first (front, nearest to the athlete) to last (bottom, furthest from the athlete)—going from left to right, upwards. Confused? The helpful picture diagram at the bottom of this heading visually—hopefully adequately—explains everything.

Landing a ball in the correct cup in the first attempt is worth three points; second attempt is worth two points; and the third to fourth attempt is worth one point; fifth attempt is worth half a point; and six attempts and onwards is worth no points. However, even if worth zero points, the ball must still land in *every* cup in order for it to be removed—thus allowing the athlete to continue onto the next cups.

Once a ball lands in the correct cup, said cup may be removed; if it lands in a cup in the incorrect order, however, the cup should not be removed as this counts as a miss. In other words, landing a ball in a cup in the incorrect order is a miss and the ball should simply be removed for the next attempt while the cup remains unmoved.

All of the points will be tallied by the end for your total score.



Verification of attempt

In order for your attempt to be verified, we require:

- Full, uncut, unedited footage of your attempt. The video should have all cups in frame, unobstructed as well as the athlete visible when throwing the ball (they may leave the shot when retrieving the ping pong ball).
- The throwing line—the distance of 2 metres (6.5 feet) from the table—must be visible (e.g. in shot) at all times.

Verification of distance

To verify the distance from the first cup, you may:

- Measure the distance any measurement device of an adequate length, such as a measuring tape. Submit an image or video of said measurements for verification.

Additional notices:

- Naturally, if your throw or the cups are out of frame, your attempt *might not* be counted as this could resemble cheating. Thus, please ensure that you capture your full attempt in the frame of your camera and do not move around too freely.
- Stepping over (on) the throwing line before or while throwing the ping pong ball will result in your attempt being disqualified. Likewise:
- Moving the throwing line (that is, its marker), even accidentally, will also result in your attempt being disqualified. Thus, please ensure that the marker for the throwing line is **firmlly** in place.
- The use of steroids, stimulants or performance enhancing substances (such as energy drinks, caffeine or drugs) is completely disallowed and will result in disqualification. Electrolytes are allowed.

- There are no weight classes nor a handicap for this event.
- Because this event is a new variant of beer pong created specifically for the 2025 MOF Remote Games, it is strongly recommended that you practice before conducting your attempt.



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A work of micronationalism.

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